

1st Annual Central Ohio STRONGMAN CLASSIC

(North American Strongman Inc. Membership Required of all Contestants)

PROMOTERS: Mark Watts (740) 587-5463 wattsm@denison.edu
Dan Kindell (925) 899-7364 dan.kindell@gmail.com

DATE: Saturday, May 22, 2010
TIME: 11:00am
LOCATION: Denison University Mitchell Center
200 Livingston Dr.
Granville, OH 43023

OPEN DIVISION: Open to all competitors (*winners of each weight class will qualify for nationals*)
NOVICE DIVISION: For first time competitors only. If you have competed in an open class at a sanctioned NAS contest, you cannot compete as a Novice.
MASTER'S DIVISION: For any competitors 40 years of age or older at the time of contest
WOMEN'S DIVISION: Open to all female competitors (no weight classes)

WEIGHT CLASSES:

Lightweight (2 Classes)	175lbs & under 176-200lbs
Middleweight (2 Classes)	201-230lbs 231-265lbs
Heavyweight (2 Classes)	266-300lbs 301lbs & over

ENTRY FEE: \$40 (All athletes must have a current NAS membership card at the time of contest. Cards may be purchased contest day for \$40). All competitors will receive a T-shirt and awards will be given for 1st through 3rd place in each division and weight class.

ENTRY DEADLINE: Friday, April 30th

MAKE CHECKS PAYABLE TO: Denison University

MAIL ENTRY FORMS TO: Mark Watts
Denison University Strength & Conditioning
Box 810 – Physical Education Center
Granville, OH 43023

WEIGH-INS: Friday, May 21st between 4pm & 6pm
Saturday, May 22nd between 8am & 10am

RULES CLINIC: Saturday, May 22nd at 10:30am in the Mitchell Center

DIRECTIONS: <http://www.denison.edu/admissions/travel.html>
ACCOMODATIONS: <http://www.denison.edu/admissions/accommodations>

EVENTS:

Log Clean & Press

[10" Steel Log](#) Clean once and press for maximum reps with a 75 second time limit. Dropping log is grounds for disqualification of event.

	Novice & Master's	Open
Women		80
175lbs & Under	150	170
176-200lbs	170	190
201-230lbs	190	210
231-265lbs	210	235
266-300lbs	235	255
301lbs & Over	255	280

Axle Deadlift

[2" Axle](#) Conventional Deadlift for max reps with a 60 second time limit (Conventional Only; No Sumo)

Deadlift suits will not be permitted. Straps are allowed. Dropping axle is grounds for disqualification of event.

	Novice & Master's	Open
Women		165
175lbs & Under	295	315
176-200lbs	315	340
201-230lbs	340	385
231-265lbs	385	405
266-300lbs	405	425
301lbs & Over	425	450

Keg Carry and Farmer's Medley

- 1.) Shuttle a 160lb keg for Open, Novice, & Masters (*70lb kegs for women*) 45 feet and run back for next keg for 4 kegs total
- 2.) [Farmer's Walk](#) for 135 feet (45ft w/ 3 turns) with unlimited drops
 - Women 85lbs
 - LW 175lbs (*150lbs for Novice/Masters*)
 - MW 200lbs (*175lbs for Novice/Masters*)
 - HW 220lbs (*200lbs for Novice/Masters*)

Tire Flip Medley for Time (total of 2 tires)

Each tire started in the upright position flipped end-over-end for 30 feet with a 90 second time limit.

	1 st Tire	2 nd Tire
Women	190lb Tire	210lb Tire
Novice/Master LW	320lb Tire	435lb Tire
Open Lt Wt	435lb Tire	550lb Tire
Novice/ Master MW	435lb Tire	550lb Tire
Open MW	550lb Tire	650lb Tire
Novice/ Master HW	435lb Tire	550lb Tire
Open HW	550lb Tire	650lb Tire

Atlas Stone

[Slater Atlas Stone](#) Lift over 48" Yoke for Maximum reps in a 60 second time limit. Tacky allowed.

- Women 115lbs
- LW 175lbs (*115lbs for Novice/Masters*)
- MW 240lbs (*175lbs for Novice/Masters*)
- HW 300lbs (*240lbs for Novice/Masters*)

*** Events, distances & weights subject to change without notice.**

Release from Liability

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against Denison University, Mark Watts, Dan Kindell, North American Strongman Inc, Willie or Dione Wessels, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the 1st Annual Central Ohio Strongman Classic and its related events, I hereby grant **NAS INC.**, and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate **NAS INC.**, and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that **NAS INC.** and/or any other approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to **NAS INC.** and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ AGE: _____ DOB: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (_____) _____ E-MAIL: _____

DIVISION: Open Novice Masters Women

WEIGHT CLASS: LW 175 LW 176-200 MW 201-230

HW 231-265 HW 266-300 HW 301+

T-SHIRT SIZE S M L XL XXL 3XL

SIGNATURE: _____ DATE: _____

(Parent or Guardian Signature Required if Competitor is under the age of 18 at the time of the contest)